

aquatics



Preschool Swim Lessons

(Ages: 4 to 5yrs) **Level 1:** Children are taught to feel comfortable in the water while learning elementary aquatic skills. Eleven new skill movements are supported. Safety behaviors are also taught. **Level 2:** Children build on Level 1 skills and fundamental skills. Children learn floats, recoveries, locomotion skills, and patterns for alternating movements needed in future strokes. Some of the nine movements are unsupported. Self-help and rescue skills are also presented. **Level 3:** Children progress on ten level 2 skills with additional guidance. Combined simultaneous arm and leg movements are coordinated. Alternating arm and leg movements are coordinated. Additional safety skills are presented. Many movements are unsupported.

7000.410 Sa, 6-Jun to 25-Jul 9:45 AM - 10:25 AM
7000.601 Sa, 6-Jun to 25-Jul 10:30 AM - 11:10 AM
7000.600 M - F, 22-Jun to 3-Jul 9:45 AM - 10:15 AM
7000.602 M - F, 22-Jun to 3-Jul 10:30 AM - 11:00 AM
7000.603 M - F, 6-Jul to 17-Jul 11:00 AM - 11:30 AM
7000.605 M - F, 6-Jul to 17-Jul 6:45 PM - 7:15 PM
7000.604 M - F, 20-Jul to 31-Jul 11:00 AM - 11:30 AM
Dixon Pool Instructor: Parks & Rec Staff
\$39 City, \$46 Non-City Resident
Registration Begins: 4/14 City 4/21 Non-City
📄 Special registration form required.

Learn To Swim Adult

(Ages: 18 to Adult) These classes are designed to help adults learn to swim. Classes will be designed around skill level of participants. Every step from getting acclimated to the water to stroke refinement will be covered during these classes. This is not a lap swimming or fitness class.

7000.618 Sa, 6-Jun to 25-Jul 11:00 AM - 11:40 AM
7000.621 M - F, 22-Jun to 3-Jul 7:15 PM - 7:45 PM
7000.619 M - F, 6-Jul to 17-Jul 10:30 AM - 11:00 AM
7000.622 M - F, 20-Jul to 31-Jul 7:15 PM - 7:45 PM
7000.620 M - F, 3-Aug to 14-Aug 10:30 AM - 11:00 AM
Dixon Pool Instructor: Parks & Rec Staff
\$39 City, \$46 Non-City Resident
Registration Begins: 4/14 City 4/21 Non-City
📄 Special registration form required.

AQUATICS & DIXON POOL FACILITY

Summer Jobs- Open until Filled.
Applicants must be over 16 years old.

- Lifeguard • Head Lifeguard
- Gate Workers
- Water Safety & Water Aerobics Instructors

Contact: JoAnne Jone (540) 372-1086 ext. 217

SEE PG. 21 FOR MORE INFO ON THESE &
OTHER SUMMER JOBS

Pool ID will be required to enter the pool this summer. See page 24 and 25 for details.

Private Swim Lessons

(Ages: 6 to Adult) Private lessons offer one-on-one instruction for all ages and all abilities. These lessons are 30 minutes long and can be scheduled during a two-week (8 classes) period during the summer. Following registration, an instructor will contact you to schedule your lessons at a mutually agreed upon time. Your instructor will help you develop swim skills at a pace that is comfortable for you. One-on-one attention may be just what you need to realize your goals. Bathing suit and towel required. Sunscreen and goggles recommended.

Any 2 weeks (8 sessions) during June 6 - August 14 as scheduled by you & instructor

Dixon Pool Instructor: Parks & Rec Staff
\$120 City and Non-City Resident
Registration Begins: 4/14 City 4/21 Non-City
📄 Special registration form required.

Parent/Child Swimming

(Ages: 6months to 3yrs) **Level 1:** Basic skills of buoyancy on front and back, entries and exits, and submersions are taught to parents and children to help orientate children to the water. A parent is required to be in the water. **Level 2:** Additional basic skills such as changing body positions, performing combined strokes, gliding, and rhythmical patterns are taught. These skills offer a foundation for learning the swimming strokes. Safety topics are also presented. A parent is required to be in the water. Instructor will work with each group/level as determined.

7000.606 Sa, 6-Jun to 25-Jul 9:45 AM - 10:25 AM
7000.607 M - F, 22-Jun to 3-Jul 9:45 AM - 10:15 AM
7000.608 M - F, 22-Jun to 3-Jul 6:45 PM - 7:15 PM
7000.609 M - F, 20-Jul to 31-Jul 6:45 PM - 7:15 PM
Dixon Pool Instructor: Parks & Rec Staff
\$39 City, \$46 Non-City Resident
Registration Begins: 4/14 City 4/21 Non-City
📄 Special registration form required.

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Swim Lessons - Level 1

(Ages: 6 to 17yrs) Introduction to Water Skills
Water adjustment, floating, breath control, water entry/exit, walking through the water comfortably, supported kick on front and back, alternating arm action, basic water safety rules, and simple rescue (without equipment).

7000.623	Sa, 6-Jun to 25-Jul	11:00 AM - 11:40 AM
7000.624	M - F, 22-Jun to 3-Jul	11:00 AM - 11:30 AM
7000.625	M - F, 22-Jun to 3-Jul	11:00 AM - 11:30 AM
7000.626	M - F, 6-Jul to 17-Jul	9:45 AM - 10:15 AM
7000.627	M - F, 6-Jul to 17-Jul	10:30 AM - 11:00 AM
7000.631	M - F, 6-Jul to 17-Jul	7:15 PM - 7:45 PM
7000.628	M - F, 20-Jul to 31-Jul	10:30 AM - 11:00 AM
7000.629	M - F, 20-Jul to 31-Jul	11:00 AM - 11:30 AM
7000.630	M - F, 20-Jul to 31-Jul	6:45 PM - 7:15 PM
7000.632	M - F, 20-Jul to 31-Jul	6:45 PM - 7:15 PM

Dixon Pool Instructor: Parks & Rec Staff

\$39 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

📄 Special registration form required.

Swim Lessons - Level 4

(Ages: 6 to 17yrs) Stroke Improvement
Deep water bobbing, rotary breathing, diving from side of pool (stride and standing positions), elementary backstroke, sculling, front crawl, back crawl, breaststroke, sidestroke, wall turns, treading water, rescue breathing, and an introduction to CPR. Must pass a Level 3 Skill test to enter Level 4.

7000.636	M - F, 3-Aug to 14-Aug	9:45 AM - 10:15 AM
7000.637	M - F, 3-Aug to 14-Aug	10:30 AM - 11:00 AM

Dixon Pool Instructor: Parks & Rec Staff

\$39 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

📄 Special registration form required.

Swim Lessons - Level 5

(Ages: 6 to 17yrs) Stroke Refinement
Alternate breathing, stride jump entry, diving progression from diving board, long shallow drive, breaststroke, sidestroke, underwater swimming, elementary backstroke, butterfly, front crawl, back crawl, open turns, feet-first surface dive, safe diving rules, spinal injury recognition, and treading water. Must pass Level 4 skills test to enter Level 5.

7000.638	M - F, 3-Aug to 14-Aug	9:45 AM - 10:15 AM
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Dixon Pool Instructor: Parks & Rec Staff

\$39 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

📄 Special registration form required.

Swim Lessons - Level 2

(Ages: 6 to 17yrs) Fundamental Aquatic Skills
Breath holding, retrieving objects, orientation to deep water, front and back floating, water entry/exit, flutter kick, combined stroke, turns, and personal safety and rescue skills. Students must pass a Level 1 skills test to enter Level 2.

7000.610	Sa, 6-Jun to 25-Jul	10:30 AM - 11:00 AM
7000.611	M - F, 22-Jun to 3-Jul	10:30 AM - 11:00 AM
7000.615	M - F, 22-Jun to 3-Jul	7:15 PM - 7:45 PM
7000.612	M - F, 6-Jul to 17-Jul	9:45 AM - 10:15 AM
7000.616	M - F, 6-Jul to 17-Jul	6:45 PM - 7:15 PM
7000.617	M - F, 6-Jul to 17-Jul	7:15 PM - 7:45 PM
7000.613	M - F, 20-Jul to 31-Jul	9:45 AM - 10:15 AM
7000.614	M - F, 20-Jul to 31-Jul	10:30 AM - 11:00 AM

Dixon Pool Instructor: Parks & Rec Staff

\$39 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

📄 Special registration form required.

Swim Lessons - Level 3

(Ages: 6 to 17yrs) Stroke Development
Object retrieval (eyes open), bobbing (submerged head), jumping into deep water, diving from a kneeling position, glides, arm strokes, back crawl, elementary backstroke, reversing directions while swimming on front and back, treading water, deep water entry with life jacket, H.E.L.P. position, huddle position, and basic rescue techniques. Must pass Level 2 skill test to enter Level 3.

7000.633	M - F, 6-Jul to 17-Jul	11:00 AM - 11:30 AM
7000.634	M - F, 20-Jul to 31-Jul	9:45 AM - 10:15 AM
7000.635	M - F, 20-Jul to 31-Jul	7:15 PM - 7:45 PM

Dixon Pool Instructor: Parks & Rec Staff

\$39 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

📄 Special registration form required.



Accommodations for Spanish speaking participants are available for all aquatics programs.

Early Morning Fitness Swim

(Ages: 16 to Adult) Start your day with an invigorating swim! If you like to get up and get that workout before you head into the office, or before the sun gets too high, here's your chance. Our beautiful facility will open 7:00am - 8:00am on Monday, Wednesday, and Friday for you early birds. Purchase the 6 punch ticket or the 12 and start your workout anytime between June 22 and August 7, 2009 at the 7:00am time frame. No daily registration.

M W F, 22-Jun to 7-Aug 7:00 AM - 8:00 AM

Dixon Pool Instructor: Parks & Rec Staff

7000.440 6 Punch Card: \$24

7000.441 12 Punch Card: \$42

Registration Begins: 4/14 City 4/21 Non-City

☐ Special registration form required.

Adult and Senior Water Walking

(Ages: 16 to Adult) This low impact water exercise class will focus on flexibility, body conditioning, and cardiovascular. There is a heavy emphasis on the large muscle groups. Participants will be in deep water (6ft) and using weight belts. Class is great for just fun and exercise!

7000.455 W, 1-Jul to 5-Aug 7:00 PM - 7:30 PM

Dixon Pool Instructor: Parks & Rec Staff

\$34 City, \$46 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

☐ Special registration form required.



In the mood
for your own pool party?

Rent Dixon Pool

contact JOAnne Jones
for details (540) 372-1086 X 217



Open to the public
May 23 - August 23, 2009

Swimming, Lessons,
Events and more!

Located in Dixon Park, on Rt. 2 & 17

Call 372-1086 for details

Dixon Pool Summer 2009

Hours of Operation:

11:30am – 7:00pm Monday – Sunday

Schedule subject to change

Daily Admission Fees:

Ages	City	Non-City
Baby 2 yrs & under	Free	Free
Child 3-17yrs	\$3	\$5
Adult 18-54yrs	\$5	\$7
Senior 55yrs & older	\$3	\$5

Pool Photo ID Card : Summer is coming! Plan to get your Pool Photo ID Card renewed or issued early!

Starting April 21, 2009 and every Tuesday and Thursday after that until May 21 you can get your card from the Dorothy Hart Community Center between the hours of 4:00pm until 6:00pm. After May 21, cards will be issued at the Dixon Pool facility only during operational hours. Please check the schedule to see times. If you were issued a card last year you only need to bring your card back for updating. You do not need to bring anything else. If you are registering for the first time you will need to bring proof of age and proof of residency.

May 23 – 25	11:30am – 7:00pm
May 26 – 29	3:00pm – 7:00pm
May 30 -31	11:30am – 7:00pm
June 1 – 5	3:00pm – 7:00pm
June 6 – 7	11:30am – 7:00pm
June 8 – 12	3:00pm – 7:00pm
June 13 – August 23 (Full Operations)	11:30am – 7:00pm



Summer 2009

May 23 - August 23, 2009
11:30am – 7:00pm Monday – Sunday
Pool Open to Public
(schedule subject to change)
Pool Phone (540) 310-0665

Admission Fees

See page 24 for full listing of admission fees.

Admission Requirements

Pool Photo ID Card

Pool photo ID card will be required this summer for ages three and over. Initial Pool ID card will be issued free of charge. All admission fees will still apply. Proof of age and residency will be required to get a pool ID. Driver's license, voter registration, utility bill, library card, school ID, or a personal check with your address is acceptable for proof of residency. Identification cards are not transferable. If a card is used by someone other than the authorized user, both the person using the card and the authorized user may lose all privileges to the pool. Lost cards must be reported immediately to the Pool Management. Replacement cards will be issued at a \$4.00 fee. Starting April 21, 2009 and every Tuesday and Thursday after that until May 21 you can get your card from the Dorothy Hart Community Center between the hours of 4:00pm until 6:00pm. After May 21, cards will be issued at the Dixon Pool facility only during operational hours.

- Everyone entering the pool, **must pay**, regardless of whether or not they are swimming
- **Children 11 years old** and younger, **must** be accompanied by someone 18 years or older
- **Children 12-17 year old** may enter without adult supervision upon successfully completing swim test, but may not be responsible for other children
- An adult **18 years of age or older** may be responsible for up to 4 patrons age 17 years or younger, and must be within arms reach of any non-swimmers.
- Admission can be paid by cash, check, or credit card.

Aquatic Facility Rules

Swim Tests

In order to enter the square section of the pool, or use the slide, ALL patrons ages 17 or younger, must first successfully complete a swim test.

Capacity

As a matter of safety, the pool has a maximum number of patrons allowed in the pool area at a time. A sign will be posted when the pool is full, and as one person leaves, another may enter.

Smoking

No smoking permitted anywhere in the aquatic facility or immediately adjacent to the pool.

Food and Beverages

Coolers may be brought into pool area, but food may be consumed in designated areas only.

Non-alcoholic beverages are allowed in plastic containers or cans only, and are permitted in the pool area.

No glass of any kind permitted.

No alcoholic beverages permitted.

Food must be eaten in designated areas only

Chairs and Other Equipment

Folding chairs or umbrellas may be brought into pool area.

The department will not be responsible in any way for the operation of, damage to, or loss of such equipment.

Diaper Policy

Any child who wears a diaper must wear a "little swimmer" type of diaper with a bathing suit over it to go into the water.

Drop off Policy

Children 12-17 years may be admitted without supervision, provided they pass a swim test.

Play Toys

Aquatic play items are permitted in pool. No motorized toys. The lifeguard has the right to deny any or all aquatic toys in the pool. After a designated number of people in the pool, no play toys will be allowed (Water wings exempted). An adult must be within arms reach of any child using a flotation device.

Jewelry

Be advised that jewelry, especially piercings and dangling necklaces or earrings is dangerous to wear while swimming.

Proper Bathing Attire

Anyone, even infants, who enters the pool, **must** be wearing proper bathing attire. No thongs or cut offs.

Bad Language

The use of foul language, obscenities or other vulgar or disrespectful language toward pool personnel or other patrons will not be permitted, and is cause for disciplinary action.

Discipline

Any person that does not obey the above rules, or fails to follow direction from the lifeguards will be asked to "sit out" from the pool. If behavior continues, the person will be asked to leave the pool facility for the day. Should that person's behavior worsen, or should such behavior be continued on another day at the facility, the person shall be suspended from the aquatic facility for a time period from 1 week to the entire season, depending on the severity of the infraction.

NOTE: Final determination of suitability of toys or behaviors shall be made by pool personnel.